

# PROTEIN

## "BUILDING BLOCKS OF THE BODY"

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Helps repair and strengthen muscles

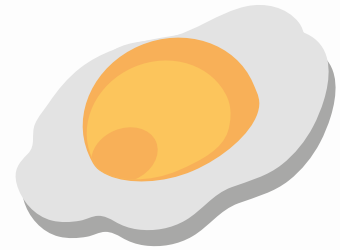
1g per lb bodyweight

Consume 15-25g post workout to enhance recovery

Adequate protein shortens recovery, muscles won't feel as sore

Good snack- helps keeps you full

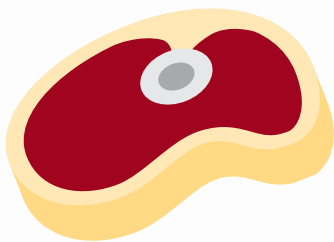
Good sources: chicken, ground beef, eggs, milk, greek yogurt, beans



### PROTEIN SHAKE

8oz Milk  
25g Protein powder  
100g greek yogurt  
1/2 banana

361 Cal: 42g Protein  
37g Carb 3g Fat



**\*Studies show that consuming protein with carbohydrate source enhances recovery**